



Intuitive Food Prep Workbook

How do you not want to feel when you eat?

How do you not want to feel after eating?

What foods make you feel like that?



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How do you want to feel after eating?

What foods make you feel like that?

When would be a good time for you to make time during your week for food prep?



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Where can you search for recipes?

Note down 3 mains, 2 dips, 3 Fillers, 1 Sweet for this coming week you would like to prep:

3 Mains

3 Fillers

2 Dips

Snacks

Write your shopping list, add in breakfasts and drinks:

